

August 2021

Mid-Atlantic Region Menu - 5 Day Breakfast

**GENUINE** GOOD FOOD DOES GOOD

**BREAKFAST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Sausage Biscuit</b></p> <p>Assorted Fruit Skim/1% Milk</p>	<p>3</p> <p><b>Yogurt</b></p> <p>Whole Grain Grahams Assorted Fruit Skim/1% Milk</p>	<p>4</p> <p><b>Banana Bread</b></p> <p>4 oz serving Assorted Fruit Skim/1% Milk</p>	<p>5</p> <p><b>Whole Grain Cereal</b></p> <p>Whole Grain Grahams Assorted Fruit Skim/1% Milk</p>	<p>6</p> <p><b>Whole Grain Bagel</b></p> <p>Crream Cheese Assorted Fruit Skim/1% Milk</p>
<p>9</p> <p><b>Blueberry Bread/Muffin</b></p> <p>4 oz serving Assorted Fruit Skim/1% Milk</p>	<p>10</p> <p><b>Whole Grain Waffles</b></p> <p>Assorted Fruit Skim/1% Milk</p>	<p>11</p> <p><b>Whole Grain French Toast Sticks</b></p> <p>Assorted Fruit Skim/1% Milk</p>	<p>12</p> <p><b>Whole Grain Grahams</b></p> <p>String Cheese Assorted Fruit Skim/1% Milk</p>	<p>13</p> <p><b>Whole Grain Cereal</b></p> <p>Whole Grain Grahams Assorted Fruit Skim/1% Milk</p>
<p>16</p> <p><b>Sausage Biscuit</b></p> <p>Assorted Fruit Skim/1% Milk</p>	<p>17</p> <p><b>Yogurt</b></p> <p>Whole Grain Grahams Assorted Fruit Skim/1% Milk</p>	<p>18</p> <p><b>Banana Bread</b></p> <p>4 oz serving Assorted Fruit Skim/1% Milk</p>	<p>19</p> <p><b>Whole Grain Cereal</b></p> <p>Whole Grain Grahams Assorted Fruit Skim/1% Milk</p>	<p>20</p> <p><b>Whole Grain Bagel</b></p> <p>Crream Cheese Assorted Fruit Skim/1% Milk</p>
<p>23</p> <p><b>Blueberry Bread/Muffin</b></p> <p>4 oz serving Assorted Fruit Skim/1% Milk</p>	<p>24</p> <p><b>Whole Grain Waffles</b></p> <p>Assorted Fruit Skim/1% Milk</p>	<p>25</p> <p><b>Whole Grain French Toast Sticks</b></p> <p>Assorted Fruit Skim/1% Milk</p>	<p>26</p> <p><b>Whole Grain Grahams</b></p> <p>String Cheese Assorted Fruit Skim/1% Milk</p>	<p>27</p> <p><b>Whole Grain Cereal</b></p> <p>Whole Grain Grahams Assorted Fruit Skim/1% Milk</p>
<p>30</p> <p><b>Sausage Biscuit</b></p> <p>Assorted Fruit Skim/1% Milk</p>	<p>31</p> <p> <b>Yogurt with Fresh Berries</b></p> <p>Whole Grain Grahams Assorted Fruit Skim/1% Milk</p>	<p>1</p> <p><b>Banana Bread</b></p> <p>4 oz serving Assorted Fruit Skim/1% Milk</p>	<p>2</p> <p><b>Whole Grain Cereal</b></p> <p>Whole Grain Grahams Assorted Fruit Skim/1% Milk</p>	<p>3</p> <p><b>Whole Grain Bagel</b></p> <p>Crream Cheese Assorted Fruit Skim/1% Milk</p>

\*  Ingredients Sourced from a Local Farm

This institution is an equal opportunity provider.

NOTE: Menu subject to change

